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Judge Michelle Horner

I am a trauma certified psychotherapist.  
My main practice is in Maryland.

I have seen the awful and tragic effects of childhood trauma, more than I care to mention.

Childhood sexual trauma is more damaging throughout a victim's lifespan, as it affects all aspects, especially relations and self-worth than other trauma.

The child brain is still growing and when the trauma occurs in this developmental stage, it actually "changes" the way the brain develops. MRI/imaging studies can actually pinpoint a "normal" brain vs. a traumatized brain. This is a physical manifestation of the brain, that is not able to be fully remediated (ever).

The best that we can do to help these innocent, traumatized children ~~for~~ to teach them to navigate the world around them in the altered states of their brains. This includes body regulation techniques such as mindfulness, deep breathing, somatic re-direction, meditation and such. Also, education such as triggers, hyperarousal and navigating a "hostile" world view.

\* Medications are heavily prescribed for trauma victims with various & smothered detrimental effects.



The goal is to be "as normal as possible" compared to un-traumatized people. The deficit in the brain is permanent and pervasive!

I specialize with trauma victims and have contact with sexually abused survivors of the Catholic Church. I am heavily invested in this court case and it's outcome.

God Bless you &  
I hope you take this letter the way it was intended.

A licensed psychologist  
(anonymous).